

# Peppers



The name “pepper” was reportedly given to this vegetable by Spanish explorers who set out with Columbus on his second voyage in search of the peppercorns of India. It is thought that these explorers believed the flavor of peppers was like that of peppercorns, and so mis-named them.

Did you know that one raw bell pepper has more vitamin C than one cup of

orange juice? But don’t think you will get any vitamin C by sprinkling black pepper on your food. The vegetable and the spice have nothing to do with each other.

Bell peppers (also called sweet peppers) can be green, red, or yellow. Green peppers are usually the least expensive. Hot peppers, on the other hand, come in over 200 varieties. They are popular in ethnic cooking. Hot peppers are also

high in vitamin C. Since they are used mostly to add spice to dishes, they are not eaten in large enough amounts to be a significant source of vitamin C.

## Pizza Roll-up

Makes 4 roll-ups *Heather Danis, Burlington*

### Ingredients:

- 4 (8-inch) flour tortillas (try whole-wheat tortillas!)
- 2 teaspoons canola oil
- 1 clove garlic, chopped
- 1 green pepper, sliced
- 1 onion, sliced
- 1/4 cup pizza sauce
- 4 ounces (1/2 cup) part-skim Mozzarella cheese, grated



### Directions:

1. In a skillet, sauté the garlic, green pepper, and onion for 5 minutes, or until the vegetables are soft.
2. Stir in the pizza sauce.
3. Spread the tortillas on a clean work surface.
4. Divide Mozzarella cheese among the tortillas, spreading it over the surface evenly.
5. Divide the pepper mixture among the tortillas, spreading it evenly.
6. Roll the tortillas up tightly to create log shapes.
7. Can be eaten warm or refrigerated and eaten cold.

## Nutrition Facts

Serving Size 1 Serving (170g)  
Servings Per Container 4

Amount Per Serving

**Calories** 270    **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g    **15 %**

Saturated Fat 3.5g    **18 %**

**Cholesterol** 15mg    **5 %**

**Sodium** 320mg    **13 %**

**Total Carbohydrate** 35g    **12 %**

Dietary Fiber 3g    **12 %**

Sugars 3g

**Protein** 12g

Vitamin A 8%    • Vitamin C 60%

Calcium 20%    • Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- If you are cooking with hot peppers, take great care in preparing them. Avoid touching your eyes or other sensitive areas after you have touched hot peppers. Thoroughly wash your hands when you are done with the preparation.
- For a different flavor, roast peppers before eating them. To roast, place the pepper under a broiler or other open flame for 10-15 minutes, turning often. When the skin has blackened, remove the pepper, place in a paper bag for 10 more minutes, and watch the skin easily peel off.

## Complementary Herbs

basil	rosemary
chervil	sage
chives	savory
marjoram	tarragon
oregano	thyme
parsley	

## Stuffed Peppers

Makes 8 servings

### Ingredients:

- 1/2 pound lean ground turkey
- 3 cups cooked brown rice
- 2 Tablespoons Parmesan cheese, grated
- 1 teaspoon oregano
- 1/8 teaspoon garlic powder
- 1 cup chopped canned tomatoes, or more as needed
- 8 green peppers

### Directions:

1. In a large skillet, brown the turkey. Drain to remove some of the fat.
2. Add rice, cheese, oregano, garlic powder, and tomatoes.
3. Set stuffing aside in the refrigerator.
4. Preheat oven to 350 degrees F.
5. Spray pan with non-stick cooking spray.
6. Cut green peppers in half lengthwise and remove membranes and seeds.
7. Drop halves into a large pot of boiling water and simmer for 5 minutes.
8. Drain.
9. Arrange peppers, cut-side up, in pan and fill with stuffing.
10. Bake for 45 minutes, or until peppers are tender.

Source: "Old North End Community Food Project Cookbook," Vermont Department of Health

## Nutrition Facts

Serving Size 1 Serving (303g)  
Servings Per Container 8

Amount Per Serving

**Calories** 170    Calories from Fat 40

% Daily Value\*

**Total Fat** 4g    **6%**

Saturated Fat 1g    **5%**

**Cholesterol** 30mg    **10%**

**Sodium** 120mg    **5%**

**Total Carbohydrate** 24g    **8%**

Dietary Fiber 4g    **16%**

Sugars 4g

**Protein** 10g

Vitamin A 6%    • Vitamin C 220%

Calcium 6%    • Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.